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August 2012



Back to school

Get ready with tips from local moms

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Facets

Facet - n. 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

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ON THE COVER

Kari Ruba, shown with her sons, Toby, 5, and Alex, 7, offers tips for getting ready for the school year starting on page 6. Photo by Nirmalendu Majumdar/Facets



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FACTS is a publication of Stephens Media Iowa.

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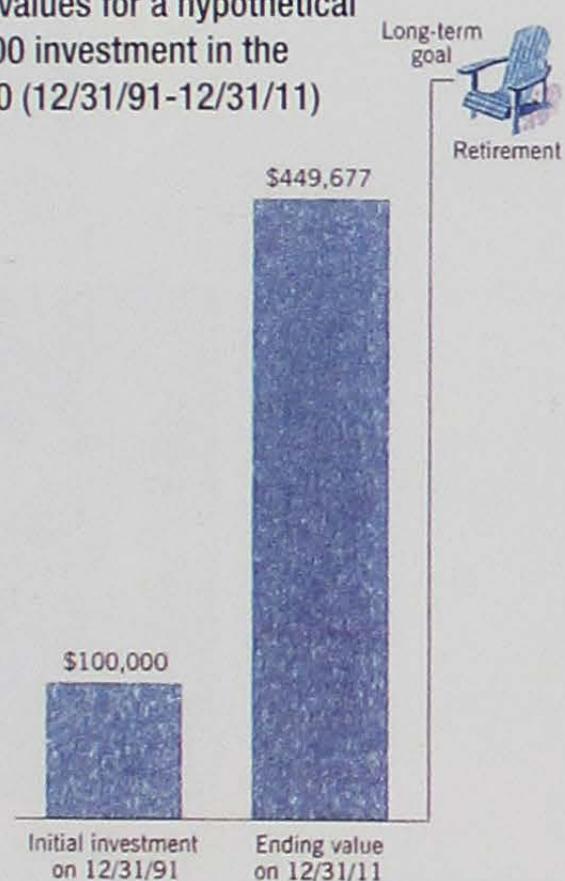
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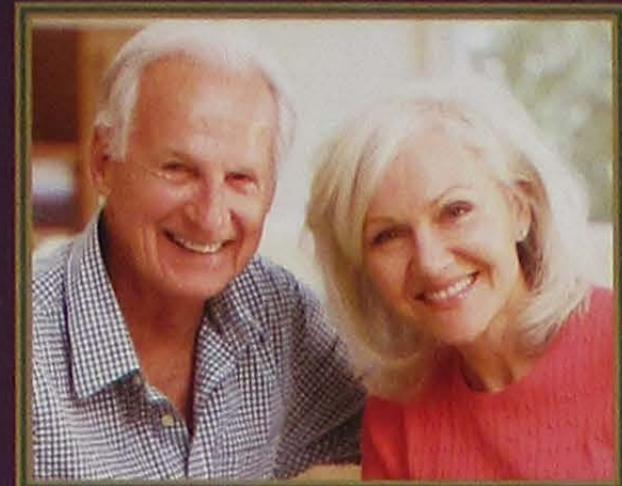


Source: DALBAR (average equity investors data). DALBAR uses data from the Investment Company Institute, Standard & Poor's and Barclay's index products to compare mutual fund investor behavior with an appropriate set of benchmarks. These behaviors are then used to simulate the "average investor." Hypothetical equity and fixed-income investor investments are based on average annual total returns. Indexes are unmanaged and, therefore, have no expenses.

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School memories

For many women my age, late August is the time to get children ready to return to school or to go for the very first time. As parents, these women are excited and anxious about how their children will face the opportunities and challenges in the year ahead.

I don't have children yet, so I have fewer distractions from reflecting on my own first days of school.

By the end of the summer, I was bored and needed to escape the monstrous children my mom babysat in our home.

Going back to school meant getting several new outfits no one else had worn, a new pair of shoes and shopping for colorful school supplies my two sisters



JENNIFER MEYER

and I labeled with our names and reorganized a million times before putting them in our new backpacks the night before the first day.

That's when the nerves kicked in.

I was a very shy and quiet child who had to transfer mid-year when I was in first grade. I was also unfortunately sensitive,

which means I cried sometimes at school and didn't have hoards of friends to protect me.

I knew before the first day of school which of my friends would be in my class, but I didn't know until I got to school whether I would have to sit next to one of my bullies.

I outgrew most of my bullies in elementary school, as I found my group of friends. I wasn't an easy target anymore.

My last bully, the meanest, persisted through junior high school. He took every opportunity to tell my classmates how I "cried all the time," until I looked him dead in the face one day and told him I didn't know what he was talking about.

Yes, I lied, but convincingly.

He must not have liked the looks from the other students when all he had to tell was a vague story about a little girl. He left me alone after that.

There is a lot more awareness of bullying now, though, and I'm not trying to drum up more concern. I actually think facing my bully, since he didn't pose any physical threat, helped make me a more assertive woman.

This issue of Facets includes tips from some local mothers to help fellow mothers prepare their children for the upcoming year, so they can face the first day strong and excited. ♦

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Jennifer Meyer via email
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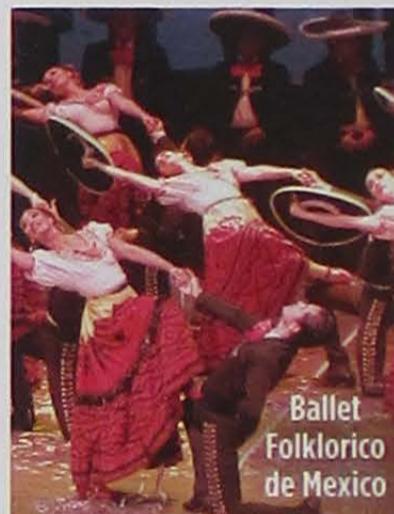
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what we're into | AUGUST

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I am a big fan of iced coffee, especially during the summer months. To make your own at home, just brew a pot of coffee, let it cool down in the pot, and put it in a pitcher in the refrigerator. It's refreshing and faster than brewing coffee on hectic mornings.

— Jennifer Adkisson, Facets designer

"THE NEWSROOM"

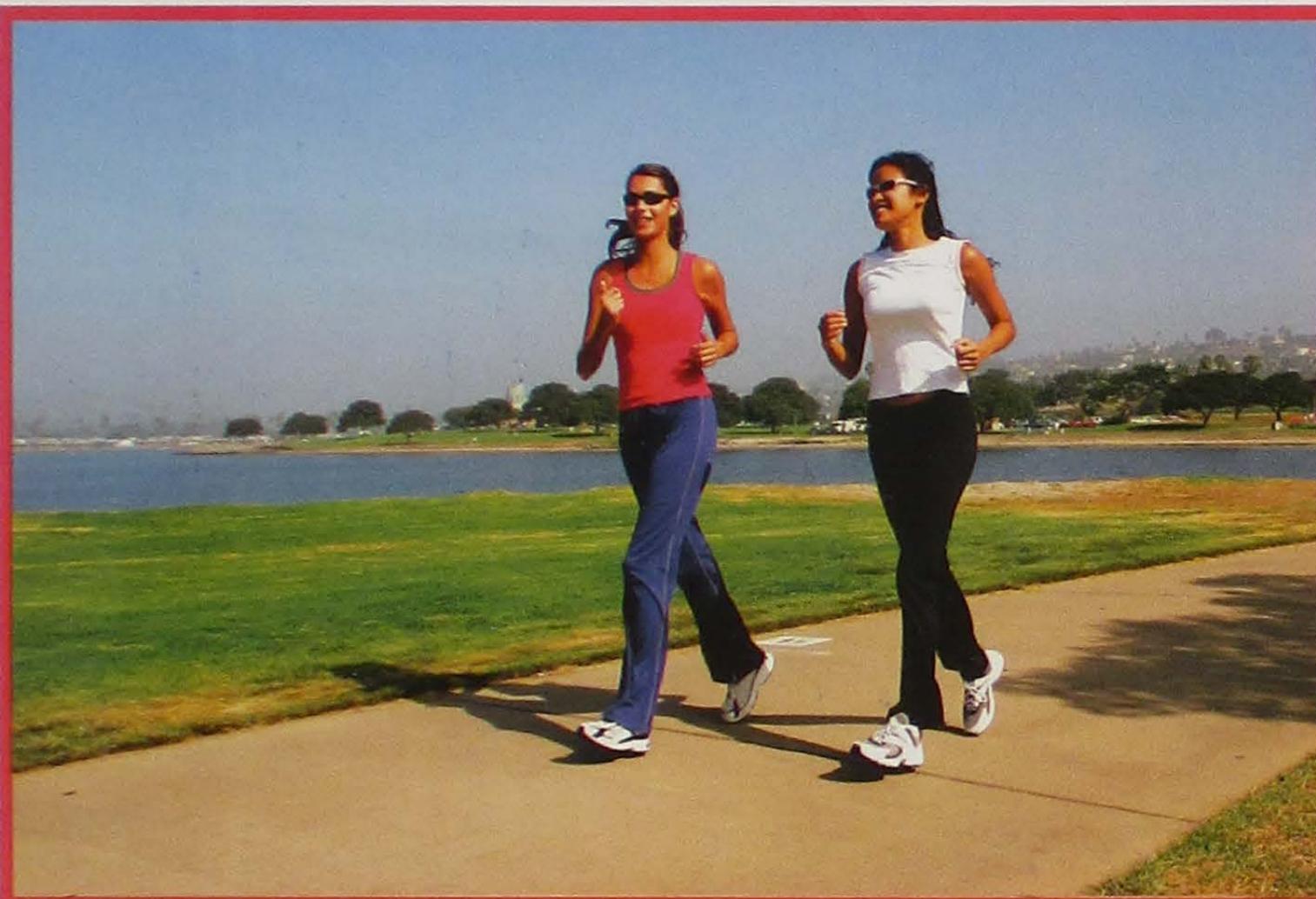
I am into the new Aaron Sorkin show "The Newsroom" on HBO. I haven't enjoyed dialogue like this since West Wing.

— Mary Clare Lokken, Facets contributor

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I lived them on CDs in my car. I confess the Matthew McConaughey movie inspired me.

— Mary Clare Lokken, Facets contributor



MAP YOUR RUN APP

Although I have been walking with my kids in the stroller, this app lets me track my distance, speed, etc., and even has a pause feature, which is perfect for when we stop at the park. It also has features that let you track both your food and water intake, so you can see how you are doing for the day.

— Lindsey Bartholomew, Gilbert, chiropractor at Bartholomew Chiropractic

MEDIFAST

I have started this healthy eating program with Ria Keinert as my coach. I have lost 7 pounds and 4 belly inches in four weeks. I had tried many diets and exercise to lose weight, and none of them worked. I am headed for a happier me.

— Debra Joel, Ames, corporate secretary

"THE REVOLUTION"

Lately, I've been DVR-ing the TV program, "The Revolution." It's still semi-new and changes somewhat frequently, but there is always some portion of it that speaks to me.

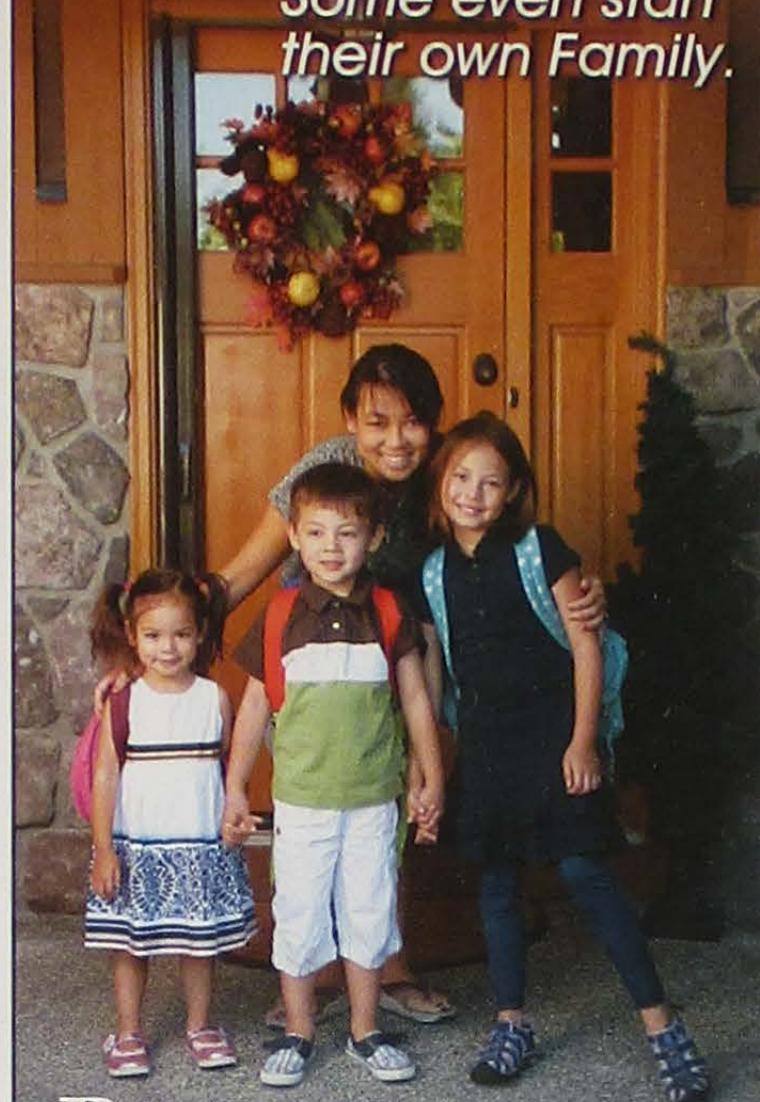
— Michelle Vogel, Ames, Director of Sigler Companies Process Development

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By Nirmalendu Majumdar/Facets

Kari Ruba, of Ames, and her sons, Toby, 5, right, and Alex, 7, left, will be ready when school starts this year.

Back to school

Get ready with these tips from local moms

BY ROXANNE DASS

Summer days will soon turn into school days for local families.

For most children, the transition from the lazy days of summer to structured school days and activities can be hard. Area mothers Ginger Primrose, of Nevada, and Kari Ruba and Kathy McCuddin, both of Ames, offered tips to help children and parents prepare for the back-to-school rush.

THE WEEK BEFORE

All three mothers say the biggest issue with returning to school is setting a bedtime.

Primrose, mother to Ethan, 9; Haley, 12; Katie, 15; and Megan, 19, said she doesn't worry about her two older girls, but bedtime is hardest with the younger two.

"Definitely bedtime is an issue, because during the summer, the sun is up later, and they get used to staying up until 9:30 p.m. or so," she said.

McCuddin agreed that her children, Maddie, 5; Halli, 9; and Riley, 11, have a hard time going to bed when it is still light outside.

The mothers said to get their children used to going to bed early, and with the sun still out, they send their children to bed earlier starting the week before school starts.

McCuddin sends the kids to bed a couple of minutes earlier each day, until the children are in bed by their normal bedtime for the school year.

Primrose said she has to be firm on bedtime, with the goal of 8:30 p.m.

"I just have to crack down and say you need to be in bed," she said.

Ruba, whose children are Toby, 5; Alex, 7; and Griffin, 10, said that

in addition to getting to bed on time, another issue is getting ready in the morning.

"My kids are early risers, but in the summer when they wake up, they just lounge in their PJs and watch TV," she said. "So a couple of weeks before school starts, we try to set up a normal routine so things aren't so crazy once school starts."

SCHOOL DAYS

With sleeping and waking habits down, all three families make sure to prepare so mornings aren't so hectic once school starts.

The night before, the McCuddin family sits down and looks at the school lunch menu to determine if the children will bring their own lunch or eat school lunch that day.

"If they decide to bring their own lunch, we'll get what we can prepared, packed and in the fridge," McCuddin said. "Then in the morning, we'll make the sandwiches and just drop them in their lunch bags."

Primrose and her family make sure to also lay out clothes the night before, next to shoes and packed backpacks.

"This way we don't waste a lot of time in the morning trying to decide what to wear," Primrose said. "It's there, and we know where our shoes are and that our bags have all our school supplies in them."

The Rubas also lay out clothes, pack lunches and prepare backpacks the night before. The family also makes a calendar that lists everyone's activities for the school year.

"Sometimes the kids will forget, 'Oh yeah, I have football on Monday,'" Ruba said. "So we look at the calendar every night to make sure we know who goes where and who is doing what each day."

FIRST-TIMERS

Going back to school can be hard, but it can be even harder to send a child to school for the first time. Sending a child to kindergarten can not only be scary for kindergartners, but also for parents of first-time students.

As seasoned parents sending several children through kindergarten, our area moms have some tips to help make kindergarten a little less scary for mom, dad and child.

Ruba said the best way to help a child get used to going to school is for them to attend preschool.

"Griffin went to preschool part-time, and it helped gradually ease him into a routine outside of home a couple of days a week," she said. "It's an awesome transition to send kids to preschool, because it also helps them learn about new authority figures besides the parents."

But, if preschool isn't an option, Ruba said there are several options she and her friends have used to help their children adjust to the idea of being away from home and parents all day.

"In the end, It usually ends up the kids are really excited to go to school, and we're the ones who are crying as they get on the bus."

Kathy McCuddin,
Ames mother

Before school starts, let the kids have a hand in picking out their school supplies, such as backpacks, pencils, notebooks and folders, Ruba said. "It helps them feel engaged."

Another great resource is the public library, she said, explaining there are several books in the children's section about the first day of school.

"Kids relate so well to their favorite characters in the books," Ruba said. "It makes it seem like the first day of school isn't so scary, and kids feel like they've experienced the first day of school right along with the book's characters."

Primrose also used the library as a resource to help her children get used to the idea of going to school for the first time.

"Activities like library story time are great, because you can take the kids to that and leave them alone with a different teacher," Primrose said. "They learn not to be scared to be away from you and know that mom will always be there to pick them up afterward."

Ruba said once the kids start school, make sure they are well rested.

"Parents know to let kids have a lot of sleep, but that's especially true at that age, because there can be a lot of meltdowns when kids don't have enough sleep," she said.

She also suggests letting children pack a favorite stuffed animal or toy, so they can have something familiar from home with them that first day.

"It kind of acts like a security blanket and is kind of comforting," Ruba said.

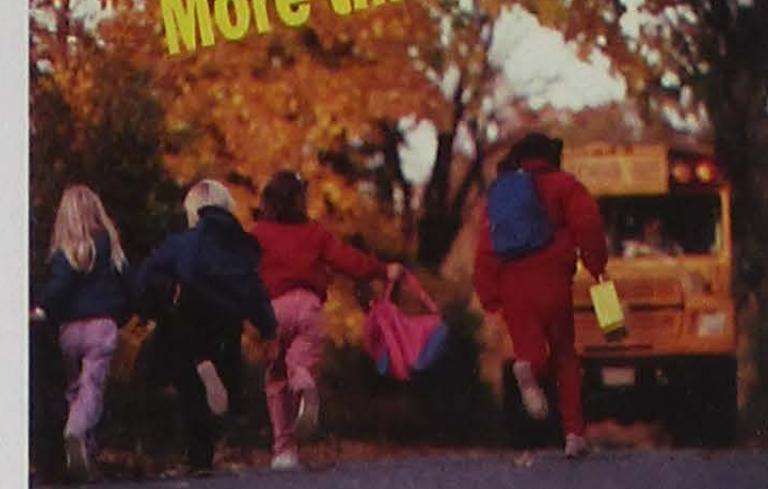
All the moms agree familiarizing their child with the school and their teacher is also helpful to make school seem a little less scary.

"In the end," McCuddin said. "It usually ends up the kids are really excited to go to school, and we're the ones who are crying as they get on the bus." ♦

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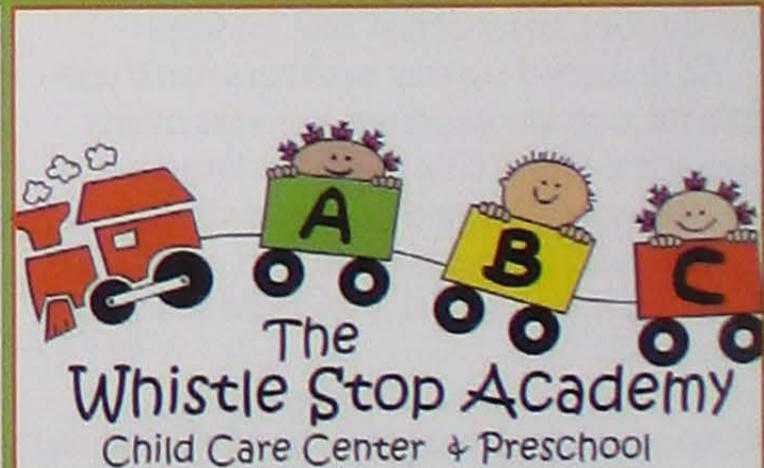
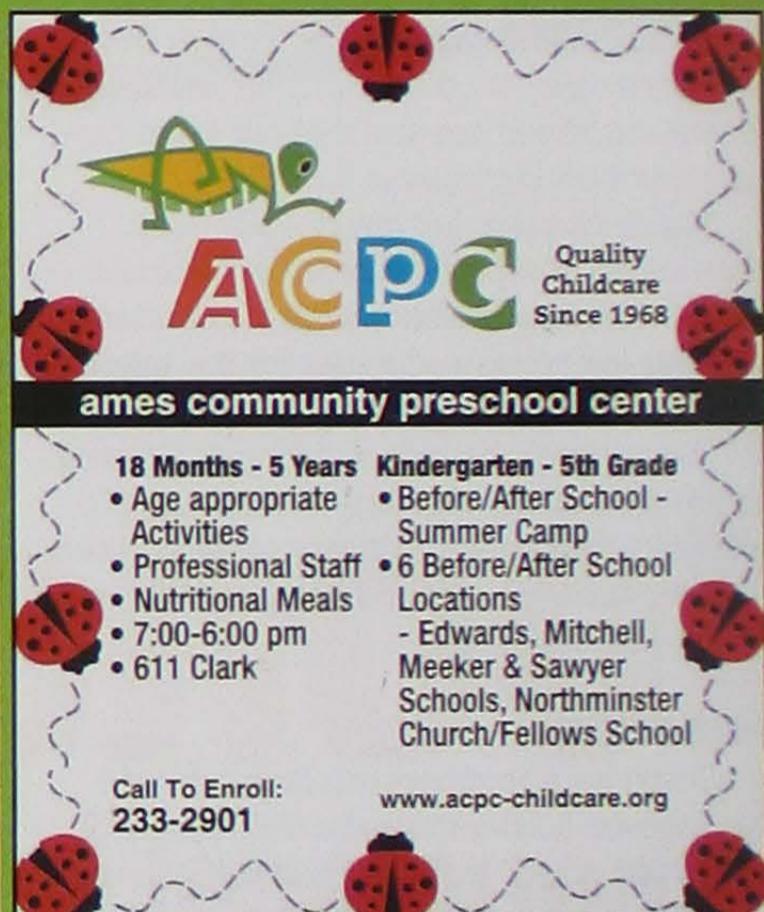
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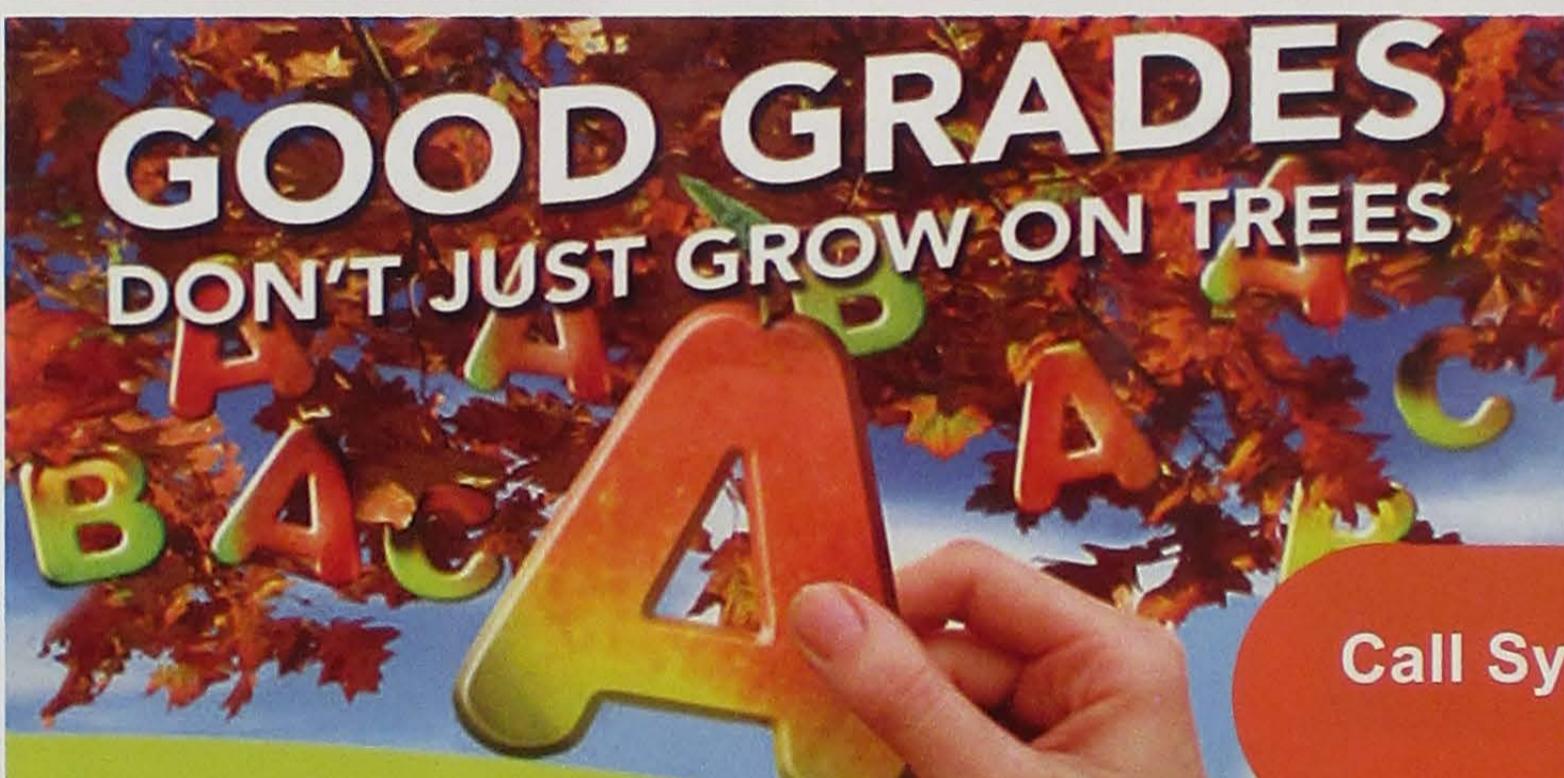


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BACK TO SCHOOL: MEET THE REGISTRAR

New to the Ames Community School District? Barbara Peterson can help.

BY KATHY HANSON

Barbara Peterson's title is registrar for the Ames Community School District, but as the person who keeps track of more than 4,000 students, enrolls more than 600 new students each year and is the first person to greet new families in the district, she considers herself the district ambassador.

ABOUT THE REGISTRAR:

- The position is just two years old.

Peterson, with help from technology manager Cathy Fitzgerald, proposed consolidating registration tasks that formerly fell to the secretaries at each building.

Peterson said she and Fitzgerald approached Superintendent Tim Taylor with a proposal for the position during the summer of 2010, soon after Taylor assumed his job as the superintendent.

"Dr. Taylor agreed that a central registrar fit with his vision for simplifying and improving consistency in the ways we serve students and families," Peterson said.

• One-stop registration

Peterson registers all the students in the district, processes open enrollment applications, and assigns students to their schools based on the availability of classroom space.

"It's my job to create a calm, orderly process no matter what circumstances families bring with them when they enroll their children," Peterson said.



By Amy Vinchattle/Facets

Ames Community School District Registrar Barbara Peterson takes a phone call while working in her office in Ames.

• What to expect when you enroll your child:

- Registration is done at the Educational Services Center, 415 Stanton Ave.
- Bring immunization records, birth certificate and proof of residency.
- The process takes about 30 minutes per family.
- Peterson will answer questions about schools, busing, meal programs, the community and how to visit the schools.

—Kathy Hanson is Director of School and Community Relations for the Ames School District. Contact her at Kathy.hanson@ames.k12.ia.us.

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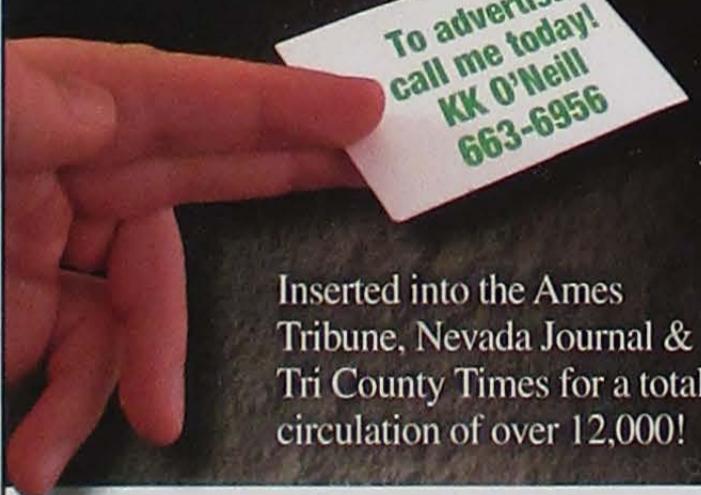
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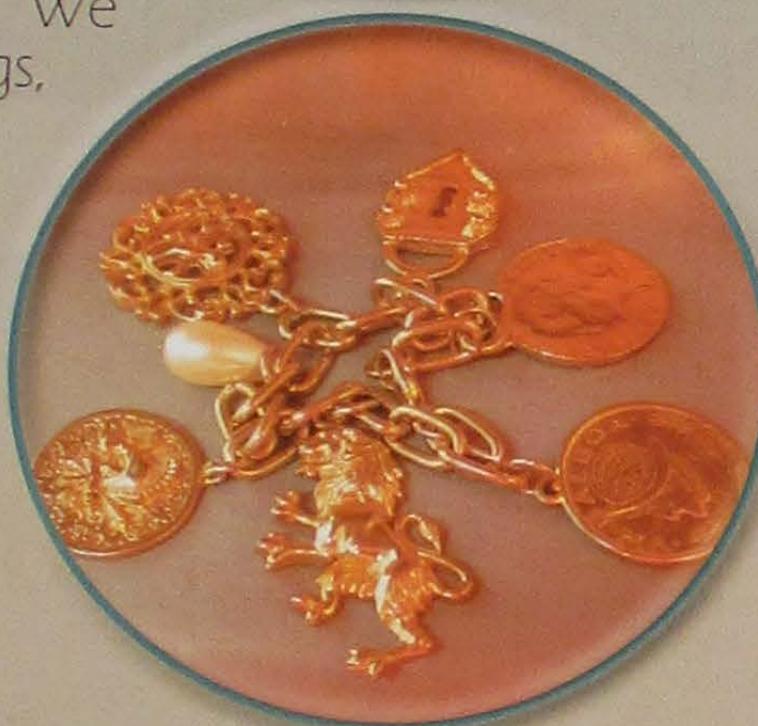
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BACK TO SCHOOL: MEET A CUSTODIAN

Custodial staff works for weeks to get schools in top shape for school year

BY CAROLINE NICHOLS

Ames High School custodian Laurie Meyers takes her position personally.

"I just think, 'Do I want my child coming to a dirty school?'" Meyers said. "I have a different perspective, because I know my child is coming here. I want the bathroom to be really clean."

After working in food service at Sawyer Elementary for five years, Meyers, 43, chose to move to the high school because her daughter will start classes there this fall.

The hours allow Meyers to be home in the evening and build relationships with students during the day.

"After school begins in August, I start to recognize all the kids," Meyers said. "As a custodian, I know where everything is, and I can help new students find what they need."

After nine weeks of rearranging classrooms, cleaning up summer projects and tending to repairs, Meyers and the custodial staff are experts when it comes to the Ames High School campus.

Not only do they know how to help students find what they are looking for, but the custodial staff is also confident that the classroom, weight room, gym or pool will be in top form when students arrive at their destinations.

Summer is the busiest and most crucial time of year for his staff, said Gerry Peters, director of facilities planning and management for Ames

Community School District.

Though the hallways are empty and the classrooms quiet, the custodial staff is busy preparing, repairing and renovating facilities, so learning is the only thing on students' minds, besides new backpacks and sharpened pencils, when school starts in August.

For the second summer, Meyers is a part of a six-person team responsible for improvements to the school over the break.

"We have around 23 classrooms to move this summer and nine weeks is not a lot of time to do it," Meyers said.

Custodians' schedules are organized around classes and activities during the school year, but their routine changes daily during the nine short weeks of summer to focus on varied needs.

Last summer, the custodial staff installed carpet upstairs and moved about 50 classrooms. Meyers quickly learned she would never be bored. This summer is no different, she said.

"We're doing a renovation right now," she said. "They're putting in a weight room, so there's a lot of cleanup involved."

Desks and a haphazard collection of office equipment crowded the quiet hallway in late June. By August, however, the school will be ready to host the more than 1,300 students for another year of learning with every desk in its rightful place, Meyers said.

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via email at caroline.m.nichols@gmail.com.

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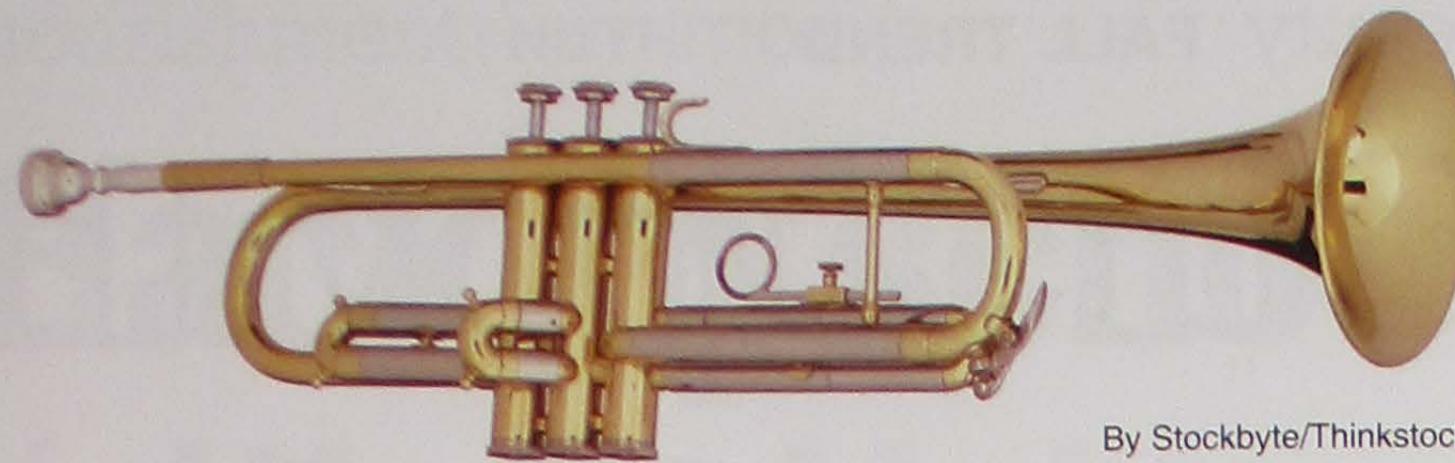
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By Stockbyte/Thinkstock

Gilbert Alumni Band reunites students, reignites Tiger pride

BY PEGGY BEST

Renee Montgomery noticed a familiar drummer on the lounge stage at Prairie Meadows Casino in Altoona.

After the set, Montgomery, 56, and the director of casino finance, spoke with former Gilbert High School band director Tex Dean, who was eager to catch up on the band members he instructed from 1969 to 1976.

Montgomery invited Dean to be honored at her Class of 1974 reunion last fall, and conversations with past students evolved into a reunion as an alumni band.

Montgomery took the lead and sent out an invitation via Facebook to many alumni.

Now cars with license plates from numerous Iowa counties pull into the Gilbert High School parking lot some summer Sunday afternoons, and former students ages 30 to 86 carry musical instruments into the building.

The Gilbert Alumni Community Band is co-directed by David Ashby, retired band instructor from 1963 to 1969, and Dean.

Participation in the band is now open to Gilbert area residents who may not have attended Gilbert High School.

Teri Harriman Gallahan, from the Class of 1971, said she was excited to join the band, though like many members, she had not touched an instrument in more than 40 years.

"I was worried I wouldn't remember one note, and rightfully so," Gallahan said.

Reuniting with Gilbert alumni and keeping Tiger pride alive after all these years is a lot of fun, she said.

Gallahan said she still cannot bring herself to address Mr. Ashby by his first name.

"I just can't call him Dave," she said. "I have so much respect for him."

Al Risden, from the Class of 1975, drives

in from Kansas City, Mo., to drum with the band.

"The best part of practice is when we are done and Al plays a drum solo for us," Montgomery said.

In the early '70s, Dean and Risden delighted crowds with drumming performances during jazz and pep band concerts and at basketball halftime shows.

Montgomery remembers how Dean's performances were very acrobatic, with drumsticks flying in the air.

"Too bad we didn't have YouTube in 1973," Risden said. "I would love to see some of the performances from back then."

After retiring from band instruction, Dean became a professional drummer and currently performs with a variety of bands.

Wendy Nutini, from the Class of 1999, is the current middle school and high school band instructor at Gilbert and a Gilbert graduate. She has performed with Ashby while playing in the Ames Municipal Band and several pit orchestras.

"Interestingly enough, I also had Tex Dean as a teacher one year at United Community Schools, which I attended for elementary school," Nutini said.

Montgomery has fond memories of marching band when Dean would have them marching the streets of Gilbert.

"Anyone that was home would know what times we practiced and would sit on their front steps to watch," Montgomery said.

"That's the beauty of being from a small town!" ♦

—Facets contributor Peggy Best, from the Class of 1976, is a member of the Gilbert Alumni Community Band. You can reach her via email at pegathome554@msn.com.



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*Back-to-School dental screenings are now required by the State of Iowa for students entering kindergarten and 9th grade.

beauty | FALL TREND

Curl up with a new look

Look for texture in clothing and hair this fall. We expect lots of curls and waves this season.

Waves and curls come in all hair lengths, but don't expect the perms of old. Permanent products are still available to create or eliminate curl, but more often now we see temporary products, such as styling aids and hot tools, used to create one-of-a-kind looks for an event or just for a change. Flexible styles are fun and help make the individual looks sought by confident woman today.

Different ethnic groups have all kinds of curls and waves naturally, but what nature didn't give us is what we all want. If you're changing from straight hair to curly, take it easy at first. You'll have to learn how to style that new mass of curls, and such a dramatic change can leave you wondering why you ever thought you wanted an opposite look.

Spring runway shows at Fashion Week were the first inkling of a change. Stylists have always used cutting tools to add texture to hairstyles, but now more than before, texture comes from a combination of cutting and styling tools, as well as products.

Stylists have been learning the latest techniques at hair shows and want to help you make the changes you desire to match your hairstyle with your new fashion looks.

As students head back to school this fall, trends described as classy and classic will prevail. Man-tailored clothing will demand feminine hairstyles.

Products are available to aid curly, wavy and straight hair. There are even products



MARY CLARE
LOKKEN



Photo courtesy of Mary Clare Lokken

Look for texture in hair this fall. Lots of curls and waves are expected this season.

for blonde, red, brunette and gray hair. And hot tools can smooth, wave, crimp, curl and straighten your locks.

Start your fall fashion look by checking out the Internet, magazines and stores now. It won't be long until those fun summer colors will lead into beautiful fall and winter tones and styles.

Make at least one spectacular change in your look this fall — curl, wave or a newly shaped haircut is just what you need. ♦

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at MaryClareLokken@aol.com.

"Make at least one spectacular change in your look this fall — curl, wave or a newly shaped haircut is just what you need."

Back to school with NuVal

It is easy for parents to be good nutrition role models with family meals at home. At school, however, children may be left to their own judgment on food choices.

Parents can help children make smart choices by fueling them with a nutritious breakfast, packing healthy lunches and snacks, and teaching them to make smart, healthy choices.

Parents do have an ally in encouraging kids to make healthy choices. The NuVal Nutritional Scoring System is a tool used by about 30 national grocery chains, including Hy-Vee, to help busy parents make healthy choices in a snap.

It's simple; the higher the NuVal score, the more nutritious the food. The goal is to make it easy for parents to quickly choose convenient, good-for-you options with a quick glance at the NuVal score on the shelf tag. Use the NuVal scores to "trade-up" for health, one choice at a time.

Here's an example of how it works: Choose a favorite sugar-sweetened cereal with a typical NuVal score of 2-10, then find a cereal with a higher score, such as Life cereal with a NuVal score of 25. It's that simple and a great way to involve kids in finding their favorite foods with higher NuVal scores and nutrition values.

The following are examples of using the NuVal score to "trade up" for health:

- An orange (100) vs. fruit snacks (1)
- Teddy Grahams, chocolate (26) vs. chocolate chip cookies (2)
- Dried apples (91) or fresh apple (96) vs. dried bananas (2)
- Hy-Vee 94 percent fat-free popcorn (24) vs. Hy-Vee natural popcorn (8)

Proper nutrition is the most important element to mental and physical health in children. Good nutrition from a young age may help prevent many medical problems later in life and reinforce lifelong eating habits, which can contribute to your children's overall well-being and help them to grow to their full physical and mental potential.



AMY CLARK

GRILLED PEANUT BUTTER AND PEACH SANDWICHES

Try this delicious recipe that includes a food with a NuVal score of 96 for breakfast.

Serves: 2

INGREDIENTS

4 tablespoons creamy peanut butter
2 teaspoons agave nectar
1 pinch cinnamon
2 peaches, pitted and finely chopped
(NuVal score: 96)
4 slices whole grain bread, divided

DIRECTIONS

In a small bowl, combine peanut butter, nectar and cinnamon. Stir in the peaches.

Divide mixture between two slices of bread. Top with remaining slices of bread.

Preheat large nonstick skillet over medium heat. Spray with butter-flavored cooking spray.

Place sandwich on skillet. Cook for 2 to 3 minutes or until bread is golden brown.

Spray top of bread with butter-flavored cooking spray and flip sandwich over. Cook for an additional 1 to 2 minutes or until bread is golden brown.

Cut each sandwich in half and serve immediately.

Source: Hy-Vee Test Kitchen

Help your kids start off right this school year with NuVal. ♦

Amy Clark earned a bachelor's degree in nutrition and dietetics from Iowa State University in 2003. She is a member of the American Dietetic Association and received a certificate in adult weight management in November 2006.

Her goal at Hy-Vee is to increase awareness of the impact nutrition can have on well-being and quality of life. She encourages people to focus on making healthy lifestyle changes one step at a time. Reach her via email at 1013Dietitian@hy-vee.com.

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Investment insight

Every day we hear or read about another reason the market is down. Down markets get more press than up markets, and unfortunately, we tend to focus on the bad news much more than the good.



BLOCK OUT MARKET NOISE

- STAY TRUE TO YOUR GOALS

KAREN PETERSEN

Most of us have long-term goals. Long-term means 10 years or longer. When you listen to bothersome reports about how poorly the markets are performing, it is easy to think short-term even when your goals are long-term.

Don't focus on the short-term news. Look at the graphs at right:

The line graph shows a hypothetical investment of \$100,000 in the S&P 500 on Dec. 31, 1991. What do your eyes focus on? Most people focus on the sharp drops in 2002 and 2008.

Now look at the bar graph that also shows a hypothetical investment of \$100,000 in the S&P 500 on Dec. 31, 1991. Now what do your eyes focus on? Most people focus on the tall bar, the one that says the \$100,000 has grown to \$449,677.

You get to choose your focus; go for the long-term view.

• DON'T ASPIRE TO BE AVERAGE

Are you the average equity investor? For the 20-year period ending Dec. 31, 2011, the average equity investor earned an annual average return of 3.5 percent. For that same period of time, the average annual return for the S&P 500 was 7.8 percent.

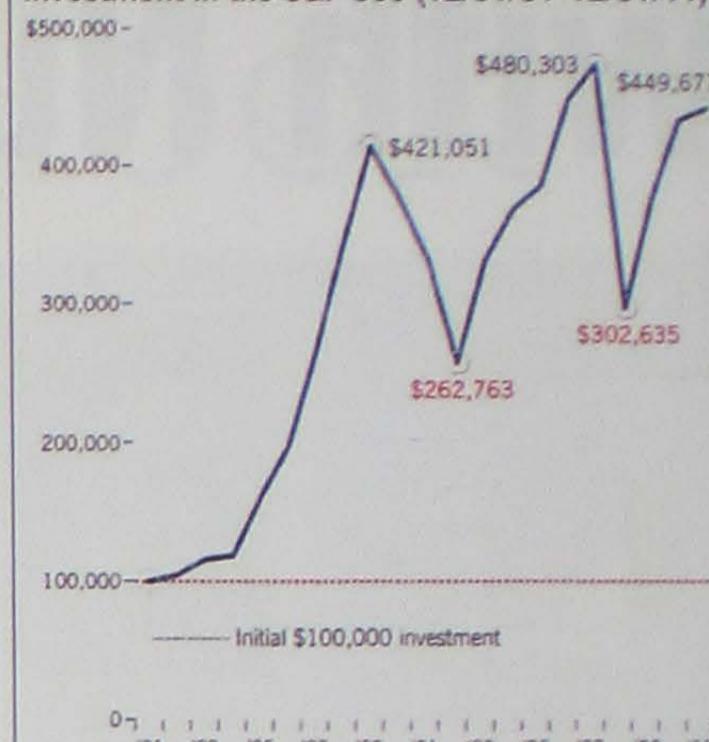
What could cause such a difference? The average equity investor has a hard time holding that long-term focus. When the market is down, they panic and move out of equities and then their money is not "in" the market as the values rise.

• UNDERSTAND SAFETY AND SECURITY

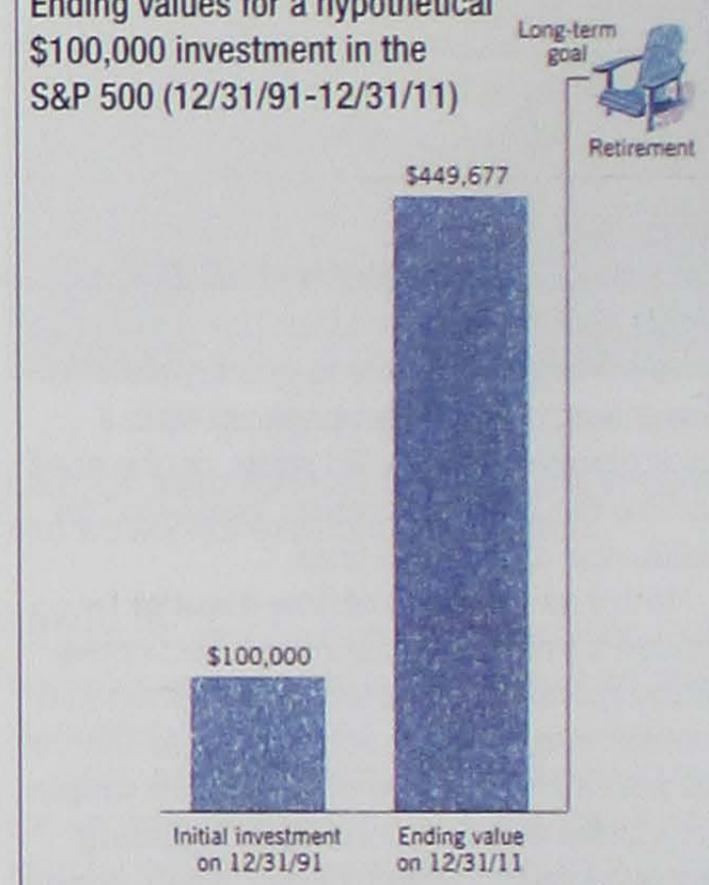
If equity markets are volatile and the economy is unstable, cash, such as a Certificate of Deposit (CD) or your savings account can seem safe. Well, if safe means that your money doesn't fluctuate, you are correct. Cash is safe.

But is your future safe? If safe for you also means security — in other words, your abil-

Annual values for a hypothetical \$100,000 investment in the S&P 500 (12/31/91-12/31/11)



Ending values for a hypothetical \$100,000 investment in the S&P 500 (12/31/91-12/31/11)



Source: DALBAR (average equity investors data). DALBAR uses data from the Investment Company Institute, Standard & Poor's and Barclay's index products to compare mutual fund investor behavior with an appropriate set of benchmarks. These behaviors are then used to simulate the "average investor." Hypothetical equity and fixed-income investor investments are based on average annual total returns. Indexes are unmanaged and, therefore, have no expenses.

ity to finance your retirement or other long-term goals — it is unlikely cash will provide that security.

Know your goals and stay true to the necessary long-term commitment, because life is ... more than money. ♦

Karen L. Petersen, CFP® CDFA™, is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

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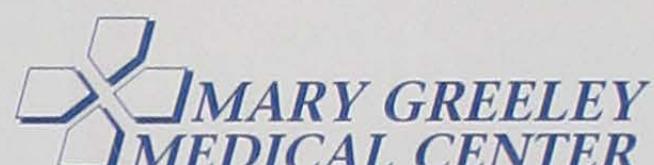
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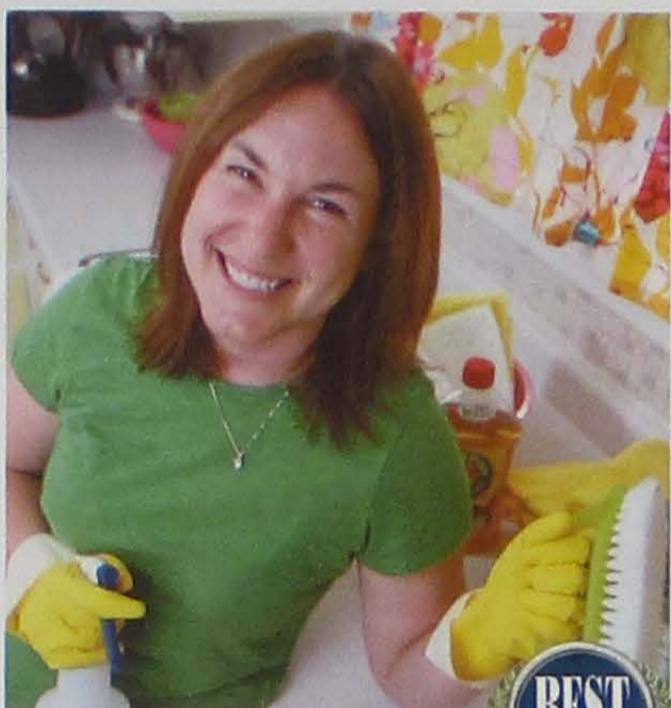
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fitness | QUIZ

Fitness 101

Pass the fitness test with flying colors this fall with this pre-test.

- 1.) All of the following except _____ will optimize fitness and fat burning.
- High intensity interval training
 - Easy recovery days
 - Junk miles
 - Resistance training



DEBRA ATKINSON

- 2.) Which of the following should be included in your metabolism boosting strategy?
- Resistance training
 - Overall increased daily activity
 - Increased eating frequency
 - High recommended-range protein intake
 - All of the above
- 3.) The cardiovascular exercise with the greatest energy "afterburn" following exercise is:
- Long, slow endurance
 - High-intensity intervals

- 4.) To retain muscle mass and enhance fat loss, all but which are good for refueling after exercise:
- Pear and cheese slices
 - Apple and peanut butter
 - Whey protein shake
 - Fruit cup

- 5.) All but which of the following can contribute to insulin resistance and fat storage:
- Skipping meals
 - Eating infrequently
 - Eating one big meal a day
 - Frequent protein-rich meals and snacks

The answers:

- 1) c; 2) e; 3) b; 4) d; 5) d

HOW MANY CORRECT?

- Five out of five? You've got the right moves and the right fuel to reach your goals.
- Three or four right? You're on your way, but need to brush up on a few things.
- Only one or two right? You need to crack the books hard.

REASONS

- You jump on the treadmill: same program and same time every time? You're guilty of putting in "junk miles," and you may find you're headed for a plateau.
- If you are on the move often during the day, and you don't go more than 3 to 4

MOVE OF THE MONTH



THE NUMBER FOUR STRETCH

Taking your back to school this fall, or to the office more hours a day?

Low back pain is often the symptom, but not necessarily your problem. A tight lower back, upper back, hip flexors and weak abdominal muscles can all contribute.

People often attempt to "fix" the site of the pain, which, along with consulting a physician, is smart.

This stretch is also a good starting point. It subtly stretches the lower back, as it targets muscles in the hip that pull on the lower back when they're too tight. If your pelvis is in its neutral position, your lower back muscles will be under less tension.

Perform the stretch by crossing your ankle over the knee and weaving your hands under the other thigh in order to feel the stretch at the hip. Press the crossed knee away from you to deepen the stretch.

If you're straining to hold with your hands or lack the flexibility to hold there, perform this with your foot against the wall and gradually move yourself closer to the wall.

hours between meals and snacks with about a 35 percent protein diet overall, you're likely steadily moving toward your goals.

3.) After exercise, the value of extra calorie burning depends most on the intensity of the exercise you do.

4.) All "healthy" snacks are not created equal. Protein will help you retain muscle.

5.) More meals and snacks spread throughout the day will keep your lean-muscle-retaining and calorie-burning machine fired up and ready to go. ♦

Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years.

She has been a fitness professional, writing, speaking and practicing for 25 years. Reach her via email at PTDirector@amesracfit.com.

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faceted woman | SUSAN HART

Name: Susan Hart

Age: 43

Position: Owner of B. Belle Boutique

Family: Husband, Jeff; and sons, Ezra, 19; Amos, 17; and Roman, 14

What would you do with \$1,000 to spend on yourself?

It would be time at a spa retreat on a beach. Somehow, my girlfriends and a new pair of shoes would work into the escape.

Your favorite meal:

Anything my husband cooks. I didn't have to cook it, and it makes our boys happier, too.

Craziest fashion you ever wore:

It's a nightmare down memory lane. Parachute pants, shoulder pads and legwarmers. Let's please not go back there.

I never leave home without:

It's a habit, but apparently lip gloss and mascara are things better applied after leaving the house.

Your favorite motto:

"Different doesn't make it wrong, it just makes it different." And from Lily's Purple Plastic Purse, "Today was a difficult day; tomorrow will be better."

What makes you happy?

Remembering the day I realized how much my mother truly loves me. It was the day my first son was born.

What makes you feel confident?



Photo courtesy of Susan Hart

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I have great confidence when I'm wearing a comfortable pair of heels. That and a smile.

What makes you laugh?

Comedy, like that of Steve Martin. It's the punch line that you don't expect.

What have you accomplished that has made you proud?

My husband and I decided early on it was more important to raise children that could discipline themselves rather than (us) just being disciplinarians. I think it worked!

Best tip to look and feel great:

Drinking lots of water every

day. Staying hydrated will keep your skin much healthier and help rid your body of toxins.

My simplest pleasure:

Making a piece of white chocolate last as long as possible, followed by a nice chocolate martini from The Café.

I crave:

Good ol' Mountain Dew.

I secretly love:

Watching my children sleep. It takes me back to when they were babies.

When I am an old lady:

I hope my grandchildren will not just play at my feet, but I will play with them. I would hope to

travel and meet new people and experience where they're from through their eyes.

I am thankful for:

My parents, the two people who have always known me, and will always love me.

Favorite wardrobe staple:

This could be a long list. I'll just have to go with white, in everything!

How do you give back to your community?

I help with women's health issues in any way I can. As a breast cancer survivor and with a younger sister who has a pacemaker, it is very close to my heart. ♦



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- Vanilla chocolate chunk
- Honey banana

A great back-to-school lunchbox item
or healthy snack

CHOBANI Greek Yogurt CHAMPIONS



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